

Pandemic

Rev. Lynn Ungar

What if you thought of it
as the Jews consider the Sabbath—
the most sacred of times?
Cease from travel.
Cease from buying and selling.
Give up, just for now,
on trying to make the world
different than it is.
Sing. Pray. Touch only those
to whom you commit your life.
Center down.

And when your body has become still,
reach out with your heart.
Know that we are connected
in ways that are terrifying and beautiful.
(You could hardly deny it now.)
Know that our lives
are in one another's hands.
(Surely, that has come clear.)
Do not reach out your hands.
Reach out your heart.
Reach out your words.
Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.

Promise this world your love—
for better or for worse,
in sickness and in health,
so long as we all shall live.

the conversation project

Prayer for a Pandemic
By Cameron Bellm

May we who are merely inconvenienced
Remember those whose lives are at stake.

May we who have no risk factors
Remember those most vulnerable.

May we who have the luxury of working from home
Remember those who must choose between preserving their health or making
their rent.

May we who have the flexibility to care for our children when their schools close
Remember those who have no options.

May we who have to cancel our trips
Remember those that have no safe place to go.

May we who are losing our margin money in the tumult of the economic market
Remember those who have no margin at all.

May we who settle in for a quarantine at home
Remember those who have no home.

As fear grips our country,
let us choose love.

During this time when we cannot physically wrap our arms around each other,
Let us yet find ways to be the loving embrace of God to our neighbors.

Amen.

“Oh God, I’m Spinning Out: A Prayer”

Rev. Dr. Hannah Adams Ingram
March 10, 2020

There is so much I do not know
There is so much I cannot see
There is so much I cannot control
In the moments I feel powerless, I will take a deep breath
trusting that I am tasked only with doing my part, not the whole
In the moments I feel unsure, I will take a deep breath
trusting that I am not alone and that together, our wisdom will be richer
In the moments I feel anxious, I will take a deep breath
trusting that there is no depth I can fall out of reach of the Spirit that holds me close
What I do know is that my life and love and worth extend far beyond my work
What I can see is that spring follows every winter and new life pokes out from cold ground
What I can control is my breath and the love I inject into a world so clearly lacking it
“And now these three remain: faith, hope, and love. But the greatest of these is love.”